

Active Living Action Plan (as of 1.31.11)

Goal: Increase physical activity.

Recommended Strategy #2: Enhance policies for physical activity, inclusive of physical education, in Nebraska schools.

Team Leader: TBD

Committee Members: TBD

Target: X number of schools that enhance physical activity through various policy strategies.

Priority Activity #1	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Implement and promote Coordinated School Health (CSH) <u>Activity Leader(s):</u> Nebraska Department of Education- CSH Program Nebraska Department of Health and Human Services- NAFH Program	DHHS o NAFH Program Nebraska Department of Education o CSH Program o Nutrition Services Nebraska State Board of Education CSH Statewide Coalition Building Bright Futures Nebraska Children and Families Foundation Nebraska Action for Healthy Kids Alliance for a Healthier Generation NMA Childhood Obesity Policy Group	Effective model policies that are being implemented in local school districts specific to the promotion of physical activity and physical education. Identify how schools are best utilizing their wellness policies and how it works together with the NDE CSH Policy. Best practices documents to implement CSH for: Physical Education, Healthy School Environments, Employee Wellness, and Health Education Talking points documents that promotes the key components of CSH to disseminate to schools, administrators, parents and coalitions Training on 'how' to implement CSH and the components necessary to be successful (i.e. School Health Index)	Year 1 Initiation	# and/or % of schools implementing the CSH policy from the Nebraska Department of Education. # of trainings and conferences that focus on promoting CSH (Evaluation Data from Trainings) # of local public health departments who are working with their local schools to implement CSH # of policy and/or environmental changes implemented with regard to CSH. # of schools with active School Health Advisory Councils (CDC- School Health Profiles)	

	<p>Local Districts and Schools and their Boards of Education</p> <p>Local Active Living/Healthy Communities Coalitions</p> <p>Local Public Health Departments and their Boards of Health</p> <p>Education Service Units (ESU's)</p> <p>Local Universities and Colleges</p> <p>Nebraska Association for Health, Physical Education, Recreation and Dance (NAHPERD)</p>			<p># of schools using their School Wellness Policy to implement opportunities for physical activity (<i>CDC-School Health Profiles</i>)</p> <p>Increase in academic performance (cognitive skills, academic behaviors, academic achievement) with schools who work towards achieving the recommended minutes</p> <p><i>Possible Data Sources:</i> CDC- School Health Profiles (SLIMS) Data</p> <p>Alliance for a Healthier Generation Best Practices Framework</p> <p>Nebraska Action for Healthy Kids Action Award</p>	
Priority Activity #2	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
<p>Advocate for state and/or local district policy increasing the required minutes of physical education in Nebraska schools.</p> <p><u>National Recommendations:</u></p> <ul style="list-style-type: none"> 150 minutes per week of daily PE classes for elementary schools. 225 minutes per week of 	<p>DHHS</p> <ul style="list-style-type: none"> PA Coordinator <p>Nebraska Department of Education</p> <p>Nebraska State Board of Education</p> <p>CSH Statewide Coalition</p>	<p>Examples of model policies that are currently being implemented in Nebraska schools. As well as examples from other states.</p> <p>Talking points documents that relate PE and the academic success of students.</p> <p>How to guide for schools and districts interested in</p>	<p>Year 1 Initiation</p>	<p># of schools who have a written policy requiring daily PE in Nebraska schools (<i>CDC- School Health Profiles</i>)</p> <p># of schools that have increased time spent in PE from baseline.</p> <p># of schools who utilize</p>	

<p>daily PE classes for middle and secondary schools.</p> <p><u>Activity Leader(s):</u></p>	<p>American Heart Association</p> <p>NAHPERD</p> <p>Nebraska Action for Healthy Kids</p> <p>Local Districts and Schools and their Boards of Education</p> <p>Local Public Health Departments and their Boards of Health</p> <p>Local Active Living Coalitions</p> <p>NMA Childhood Obesity Policy Group</p> <p>Parent Teacher Organizations</p> <p>Local Universities and Colleges</p>	<p>implementing daily and/or increased PE.</p> <p>Evaluate PE curriculums to make sure that they meet the state and national standards for students.</p> <p>Training and education opportunities for physical educators, administrators, and other school personnel.</p> <p>Develop state and/or local policies that PE will not be displaced by school related activities or classes.</p>		<p>PE curriculums that meets both state and national standards (<i>CDC-School Health Profiles</i>)</p> <p># of minutes of participation of Nebraska students in PE classes (<i>CDC- YRBS</i>)</p> <p># of minutes students spend in moderate to vigorous physical activity during PE classes (<i>CDC- YRBS</i>)</p> <p># and/or % of state and local policies introduced and implemented for increasing physical education in schools (<i>Legislative Review, District Policy Handbooks, or School Board Minutes</i>)</p> <p>Increase in academic performance (cognitive skills, academic behaviors, and academic achievement) with schools who work towards achieving the recommended minutes.</p>	
Priority Activity #3	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Advocate for state and/or local district policy increasing the required minutes of	<p>DHHS</p> <ul style="list-style-type: none"> PA Coordinator 	Example of model policies from school districts who have required daily recess in policy or	Year 2 Initiation	# of schools and districts who have written policies requiring daily recess	

<p>recess for elementary school students in Nebraska schools.</p> <p><u>National Recommendations:</u></p> <ul style="list-style-type: none"> o 20 minutes per day <p><u>Activity Leader(s):</u></p>	<p>Nebraska Department of Education</p> <p>Nebraska State Board of Education</p> <p>CSH Statewide Coalition</p> <p>American Heart Association</p> <p>NMA Childhood Obesity Policy Group</p> <p>Nebraska Action for Healthy Kids</p> <p>Local Schools and Districts and their Board of Education</p> <p>Local Universities and Colleges</p> <p>Local Active Living/Healthy Communities Coalitions</p>	<p>within their school's wellness policy. As well as examples from other states</p> <p>Successful strategy examples to promote recess during inclement weather</p> <p>Examples of both structured and unstructured recess opportunities</p> <p>Training and education on the utilization of the School Wellness Policies</p>		<p><i>(District Policy Handbooks, School Board Minutes, or School Wellness Policies)</i></p> <p># of minutes spent per day by students in unstructured physical activity during the school day (i.e. recess) <i>(CDC-YRBS and/or School Health Profiles)</i></p> <p># and/or % of state and local policies introduced and implemented for recess in schools <i>(Legislative Review, District Policy Handbooks, or School Board Minutes)</i></p> <p>State requires or recommends regular elementary school recess <i>(Nebraska State Indicator Report on Physical Activity)</i></p> <p>Increase in academic performance (cognitive skills, academic behaviors, and academic achievement) with schools who work towards achieving the recommended minutes</p>	
Priority Activity #4	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Advocate for state and/or	DHHS	Example of model policies from	Year 1	# of schools that mandate	

<p>local district policy requiring physical education classes for high school graduation.</p> <p><u>Activity Leader(s):</u></p>	<ul style="list-style-type: none"> ○ PA Coordinator Nebraska Department of Education Nebraska State Board of Education American Heart Association NMA Childhood Obesity Policy Group CSH Statewide Coalition Nebraska Action for Healthy Kids Local Districts and Schools and their Boards of Education Local Active Living/Healthy Communities Coalitions 	<p>school and school districts. As well as examples from other states.</p>	<p>Initiation</p>	<p>physical education as a requirement for graduation from high school (<i>District Policy Handbooks and/or School Board Minutes</i>)</p> <p>Of the schools that mandate a physical education graduation requirement, # of credit hours required for graduation (<i>District Policy Handbooks and/or School Board Minutes</i>)</p> <p># and/or % of state and local policies introduced and implemented requiring PE for high school graduation. (<i>Legislative Review, District Policy Handbooks, or School Board Minutes</i>)</p>	
---	---	--	-------------------	---	--